

# LOUISIANA TRAUMATIC BRAIN INJURIES: CONCUSSIONS (2018)



Adolescents get more concussions than any other age group.

A **concussion** is a type of **mild TBI** (Traumatic Brain Injury) caused by **a bump, blow, or jolt** to the **head** or by a hit to the body. This sudden movement can cause the brain to bounce around or twist in the skull, **creating chemical changes** in the brain and sometimes **stretching and damaging brain cells**.

## CONCUSSIONS in 10 – 19 year olds



**28% (over 1,800)** of TBI-related emergency department (**ED**) **visits** were for a **concussion**. This age group had the highest number of concussions of all age groups (2018).

### WHERE ARE THE CONCUSSIONS HAPPENING?



- **Sports and Athletics Areas:** 10-19 year olds accounted for **86% of ED visits** that listed “**sports and athletics area**” as a place of occurrence.



- **Schools:** 10-19 year olds accounted for **61% of ED visits** that listed ‘**school**’ as a place of occurrence (includes sports and athletics areas at schools).

### HOW ARE THE CONCUSSIONS HAPPENING?

- **Physical activity/sports:** **69% of the physical activity/sports-related concussion visits** (over 500) involved **10-19 year olds**.

The physical activity/sports-related concussions in 10-19 year olds were due to:



- Tackle football (42%)
- Basketball (21%)
- Soccer (8%)
- Baseball (7%)

## HOW TO SUPPORT STUDENTS IN SCHOOL AFTER A CONCUSSION<sup>1</sup>

- A **collaborative team approach should be provided** to support a student returning to school after a concussion.
  - This team, or the Concussion Management Team (CMT), may include the student, parents/guardians, other caregivers, physician or other healthcare providers, school nurse, teachers interacting with the student, and other school support staff.
  - If the student is an athlete, either inside or outside of school, the CMT should also include coaches and other athletic department staff (e.g., certified athletic trainer).
- A **student** with a concussion **should NEVER return to** sports, PE class, or other **physical activity until a healthcare provider with experience in evaluating for concussion says** the student is **OK** to return to play.
- A healthcare provider should also offer guidance about when it is safe for a student to **return to school** and appropriate levels of **cognitive activity**.

Source: 1. [https://www.cdc.gov/headsup/pdfs/schools/tbi\\_returning\\_to\\_school-a.pdf](https://www.cdc.gov/headsup/pdfs/schools/tbi_returning_to_school-a.pdf)  
2. [https://www.cdc.gov/traumaticbraininjury/get\\_the\\_facts.html](https://www.cdc.gov/traumaticbraininjury/get_the_facts.html)

